Iraq MAI MHI

I-I 824 278

Adiantum Capillus-Veneris L. (Polypodiaceae)

پر سیاوش

Parr-i-siyāvash, Kashburat (Teh.); Kashburat-el-bir, "coriander of the wall" (Pers.); Krafas-al-bir, Shar-al-anat (Iraq); Kansburaj, Moohar-khas (Ind. bazaars); the fronds.

Ait.; Post; Schl.; Ph. Ind. 3: 624.

Field 49; W.H.M.M. 150714; K.B. 302.

The maidenhair fern is found in Iran, Afghanistan, the northwestern Himalayas, and western China, but other species of ferns are used medicinally and are called by similar names. The fronds of the fern are usually supplied, but the rhizome is credited with expectorant properties and is given for relieving difficult respiration and for spasms in whooping cough.

—A maidenhair fern decoction is served as a cooling drink during the summer (H.F.). [272]

Agaric (Fungi) [262]

قارچ

Qārch (Teh.); Kriwarik (Turk.); dried mushrooms.

Field 242; W.H.M.M. 150775.

This is a portion of a hard fungus, gray brown on the outside and whitish within, 4 to 5 inches across. A notation is made on one sample that it is a vermifuge. Schlimmer identifies "Ghartsche" as *Agaricus esculentus*, one of the edible mushrooms, of which there are numerous species. For agaricum of the Greeks, Ghariqun, see *Polyporus officinalis*.

Alhagi camelorum Fisch. (Leguminosae)

تر نجبین

Tar-anjubin (Teh.); "green honey"; manna.

Field 1; W.H.M.M. 150888.

The camel's thorn (Kār shūtur, Pers.) is a thorny shrub found in the deserts of Iran, Syria, and Egypt. A saccharine exudation forms on the plant. It is shaken off the branches, collected, and used as a sweetmeat and in medicine. It is supposed to be the "greenish cake" of Layard's "Travels," but this secretion was collected from oak trees (see *Quercus*). The white grains of manna separated from the pods, stalks, and leaves contain chiefly cane sugar; this is administered as a laxative and expectorant. [314] [263]

35: Hooper and Field S-5 (1934) 1937 MAI Iran MAI
Iraq MHI

Field 106 (Iraq); 77A (Iran and Iraq). I-I

The colocynth is a trailing, perennial herb with mottled, green or yellow fruit about the size of a large orange, and is common in sandy desert regions in northern India, Iran, and Syria. The rind is brittle and the inner surface is covered with a soft, spongy, white substance with an intensely bitter taste. This pulp, made into an extract, is official in all the pharmacopoeias. 824 * 278 *

This is a drastic hydragogue cathartic, due to the presence of colocynthin, a crystallizable glucoside. The small, oval, brown seeds contain about 17 per cent of a fixed oil, and, with albuminous matter and salts, are edible and nutritious.

Citrullus vulgaris Schrad. (Cucurbitaceae)

تخم کرمک

Tukhm-i-garmak, Tarbuz (Teh.); Qarpuz (Turk.); Shami (Iraq); watermelon.

Field 73A, 94A; W.H.M.M. 150728.

This melon is cultivated throughout the country in the summer. The fruit is well known for its refreshing pulp, and is sometimes used as a source of water. For two months in the year the watermelon, with a little bread, may be looked upon as the food and drink of the people (Aitchison). The seeds are collected, sold, and eaten, with or without salt; they are chewed as a pastime and considered to have medicinal properties. The seeds also comprise one of the five cucurbitaceous seeds of Hindu medicine, the other four being: *Cucumis sativus* L. (cucumber); *C. Melo* L. (muskmelon, Kharbuz); *Lagenaria vulgaris* Ser. (bottle gourd or Dudhi); and *Benincasa cerifera* Savi (white tallow gourd, Kodu). They are cooling, diuretic, and nutritive. [262]

Citrus aurantifolia (Christm.) Swingle (Rutaceae)

لیمون

Limon, Limon-amman or Limmon Basra (Iraq); Post-i-limon (Afg.); Basra lime.

Field 43A.

Hard, dry lemons or limes the size of a nutmeg, these fruits (Numi Basra) are imported into Iraq from India, and used with sugar for making a beverage called Shai Hamidh (G.). [272] •

Citrus sinensis (L.) Osbeck (Rutaceae)

Four products of the orange tree are used in medicine in Iran:

Salvia officinalis L., but according to Gilliat-Smith, this plant, although cultivated in gardens in Tabriz, has no local name and is not used by the natives.

Boiss. 4: 821; I.H.B.; Ph. Ind. 3: 125.

Field 130; W.H.M.M. 150799; K.B. 341.

This plant is the poley germander or polion of the Greeks. The drug consists of the small, woolly flowers, mixed with some stalks and leaves. It has the fragrance of thyme, and is given as an infusion for internal disorders—to relieve pains during pregnancy (H.F.). In Baluchistan *T. Stocksianus* Boiss. is called Kalpora, and is a remedy for fever.

Thea sinensis L. (Theaceae)

چای سبز

Chā'ī sabz (Teh.); Chā (Hind.); green tea leaves.

W.H.M.M. 150820.

A sample of prepared green tea. Tea is imported in immense quantities, chiefly from southern Iran and India. Iranis are very fond of this beverage; prepared tea is sold in nearly every bazaar.

According to Laufer (pp. 553–554) "in Mongol, Turkish, Persian, Indian, Portuguese, neo-Greek, and Russian we equally find the word *čai*, based on North Chinese *c'a*. The Tibetans retain the Chinese word in the ancient form *ja* (*dža*)."

Thymus Serpyllum L. var. **Kotschyanus** Boiss. (Labiatae)

گوشان شیرازی

Jōshan Shīrāzī (Teh.); Zatār (Syr., Iraq); Seetere (Schl.); Djūshā (Pers.); the herb.

Ait.; Boiss. 4: 556; Post; Schl.; Fl. Br. Ind. 4: 649; Ph. Ind. 3: 114.

Field 75A; K.B. 341.

This variety of thyme is a plant of Iran and Kurdistan. The leaves are rounded, cuneate, ovate to lanceolate, with prominent nerves below. The leaves are fragrant, and resemble those of *Zataria multiflora* Boiss., a plant which also has the name of Zatar. Post applies the name Zatar to all plants of the genus *Thymus*. Boissier, on the other hand, refers Zatar to *Origanum Maru* L., Zatar farisi to *T. capitatus* L., and Zaeteran to *T. decussatis* Boiss. It would thus appear that Zatar and Jōshan Shīrāzī are similar drugs, characterized by a thyme-like aroma. The leaves are carminative.